

# Stroke Risk Scoreboard

Each box that applies to you equals 1 point.  
 Total your score at the bottom of each column  
 and compare with the stroke risk levels on the back.

RISK FACTOR	HIGH	CAUTION	LOW
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200/239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Physical Activity	<input type="checkbox"/> None	<input type="checkbox"/> 1-2 times a week	<input type="checkbox"/> 3-4 times a week
Weight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
<b>TOTAL SCORE</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Risk Scorecard Results

- High Risk 3:** Talk to your healthcare provider immediately and ask about a stroke prevention plan. Make an appointment today.
- Caution 6-4:** You have several risks that if elevated will place you at a higher risk for stroke. Take control now and work towards reducing your risk.
- Low Risk 8-6:** You're doing well at controlling stroke risk! Continue to stay informed about your numbers. Get tips at [www.stroke.org](http://www.stroke.org).